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**Micro
Education
Corporation
of America**

JAMES F. FIXX

***The
Running
Program™***

**User's Guide
for the
IBM® PC, XT, AT
or PCjr (256K)**

Requires 128K,
one double-sided
disk drive and an
80-column monitor

A Special Note from MECA

The Running Program is dedicated to Jim Fixx, the founder of modern running. The principles of running he believed in are as valid today as they were when he first wrote them. It is in this spirit that MECA and the Fixx family bring you this program.

If You Have Any Questions...

Call Our New Toll-Free Customer Service #'s:

800-631-MECA (Continental U.S.)

800-633-MECA (CT Only)

All Others: **203-222-9087**

Our customer service representatives
will be glad to help.

If you're new to computers or new to MECA products, you'll find information on the next several pages which should make you more comfortable with *The Running Program*.

✓ **How to Format Your Disks**


If you have a one or two-disk system, make sure that you have at least two new disks already formatted before you start using ***The Running Program***.

To do so:

After turning on your computer, follow one of these procedures.

*** For a fixed-disk system (XT)**


Place your blank disk in drive a:.

Type **format a:** and press RETURN .

*** For a two-disk system**

Place your DOS disk in drive a: and your blank disk in drive b:.


Press **Alt, Ctrl, Del** keys at the same time.

After the A> prompt, type **format b:** and press RETURN .

*** For a one-disk system**

Place your DOS disk in the drive.

Press **Alt, Ctrl, Del** keys at the same time.

After the A> prompt, type **format** and press RETURN .


Careful now:

Before pressing another key, replace your DOS disk with the blank one you want to format.


✓ Backing Up a Fixed-Disk System (XT)

We strongly urge you to make a backup copy of your data, preferably every time you use ***The Running Program***. For those users with a hard or "fixed" disk system, you can use the normal backup and restore commands or:

Insert a blank formatted disk in drive a:.

Type **copy \trp*.db a:** and press RETURN .

This will copy all of your databases to the disk.

Next type **copy \trp\food.ark a:** and press RETURN .

This will copy all of your food archive files.

Users with other systems (one-disk or two-disk) can find backup instructions on page 27 of this User's Guide.


✓ If You Have Both a Color and a Monochrome Monitor


We've included a program called "**flip**" on Disk 1 to help you switch control from one monitor to the other.

To run "**flip**":

Turn on your system with DOS in drive a:. If it already is on, press the **Alt, Ctrl, Del** keys all at the same time.

Replace your DOS disk with Disk 1.


Type **flip** and press RETURN .
Control will switch to the other monitor.

Now type **trp** and press RETURN  to run
The Running Program.

✓ Running Our Program with Programs such as ProKey™ and Fixed-Disk Organizer™

The Running Program can be run along with other programs, such as ProKey™ or Fixed-Disk Organizer™, which stay resident in memory. However, you may have to turn off ***The Running Program*** clock.

To do so:

1. Place Disk 1 into drive a:.
2. Type **setup** and press RETURN .
3. Answer "**no**" when you see the question:
Do you wish to use the clock?

If you want the time display back at a later date, just run **setup** again.

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***The
Running
Program™***

**User's Guide
for the IBM® PC,
XT or PCjr (256K)**
Requires 128K,
one double-sided
disk drive and
an 80-column
monitor.

Printed in the United States of America.

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The Running Program

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The Running Program

An Important Reminder About Your Health!

Always remember to check with your doctor before you start an exercise program, increase your training or begin a diet. And see your doctor if you injure yourself. This computer program will help you train and improve your performance and do a lot of other things, but you can't and shouldn't rely on it to take the place of your common sense or your doctor!

Acknowledgements

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Table of Contents

I 1 A Word from the Author

II 7 What You Need to Get Started

- 8 This Package Contains...**
- 9 Hardware Checklist**
- 10 Software Checklist**
- 11 Pull Yourself Together**

III

13 Getting Started

14 Prepare Your Disks

15 If You Have a Fixed Disk System

16 If You Have a Two-Disk System

18 If You Have a One-Disk System

IV

21 Off and Running

22 Stretch

23 How We Save Your Exercise Records

24 Graphs

24 Printing

25 Printing Graphs

26 Setting Up Your Printer

27 Backing Up

28 If More than One Person Wants
to Use this Program

V

29 A Final Word

The Running Program

***I A Word from
the Author***

* The Directory *

Press the F-key of your choice:

- F1 Off and Running
- F2 What Shape Are You In?
- F3 Set a Goal and Reach it
- F4 Keeping Track...
the Runner's Record
- F5 How Do You Measure Up?
- F6 Nuts and Bolts
- F7 Index
- F10 Leave The Running Program

A Word from the Author

This is a program, one of the first ever developed, written especially for runners and those who are thinking of taking up running. No matter what your level of skill, whether you're hoping to make an Olympic team someday or you haven't run a step since fifth grade, you'll find information that's sure to be useful to you.

This program is designed for the individual runner, not for some hypothetical average person or for vast masses of runners. As you become more familiar with it, you'll find that ***The Running Program*** will help you and your family get the most out of the sport, whatever your particular interests, goals and abilities.

The program contains the equivalent of some 140 typed pages, enough to make a good-sized book on running. Like a book, ***The Running Program*** is divided into chapters. You need not, however, read it straight through. You can skip around wherever you like, studying the parts that especially interest you and returning to any portion for repeated study or to record data and make calculations.

Please read Chapter 1, **"Off and Running,"** before examining the rest of the program. This is where we introduce the computer to you and describe some of the remarkable things it can do.

"What Shape Are You In?" in Chapter 2 is where the program helps you measure your heart rate, perform the Walk/Run Test, and take the Harvard Step Test. There's also a question-and-answer section that analyzes your overall health and lifestyle and makes suggestions on where you may need improvement.

Chapter 3 helps you **"Set a Goal and Reach It."** Here's where you get down to the serious business of deciding to improve and learning exactly how to do it. We give you a daily training calendar to help you reach your goal, whether it's learning to run three continuous miles, losing weight, improving speed, increasing distance or training for a marathon.

Chapter 4, **"Keeping Track...the Runner's Record"** logs your running performance and can also, if you wish, keep other types of exercise records.

"How Do You Measure Up?" in Chapter 5 gives you a chance to review your exercise history in a variety of ways. If you wonder why your time in last year's race was different from this year's, you can compare training schedules and techniques. Graphs and charts will also show you how well you're meeting the training goals you set in Chapter 3. This chapter will challenge the competitive runner and motivate the beginner.

Nutrition for the runner, typical running injuries and running gear are covered in Chapter 6, ***"Nuts and Bolts."*** Especially useful to the beginner and to those concerned with diet and nutrition, this section is where I offer tips and advice on a variety of subjects.

Chapter 7, ***"Index,"*** is the place to turn when you want to find a subject of interest without running through the whole program.

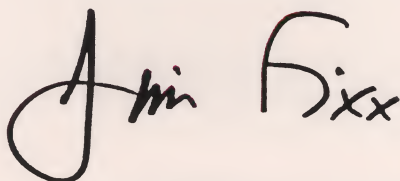
To help prevent running injuries, we've included an additional feature called ***"Stretch"***—a series of stretching exercises designed to train those muscles which running neglects. See page 22 of this guide for details.

A Word from the Author

There is almost nothing you can do wrong while operating this program. If you press an incorrect key by mistake, you may find an unexpected part of the program on the screen, but that's the worst that can happen. So relax.

Although this manual tries to give you all the help you're likely to need, the program pretty much explains itself as you go along. In fact, you hardly need this manual except to get started. From then on, ***The Running Program*** guides you the rest of the way.

You're off!

A handwritten signature in black ink that reads "Jim Fixx". The "J" is large and loops around the "im". The "Fixx" is written in a cursive style with two 'x's.

Jim Fixx

//

What You Need to Get Started

This Package Contains...


- ☒ Customer Service Brochure
- ☒ User's Guide
- ☒ ***Disks 1 and 2 of
The Running Program***


Hardware Checklist

- ☒ IBM PC, XT or compatible computer (128K)
or
IBM PCjr (256K)
- ☒ A monochrome (black & white) or
color 80-column monitor
- ☒ 1 or 2 double-sided disk drives

Software Checklist

- ☒ PC-DOS diskette (Version 1.1 or later)
- ☒ **Disk 1** and **Disk 2** of **The Running Program**
- ☒ 2 blank disks
 - one will be a working copy of **Disk 2**
 - the other will save your exercise records*
- ☒ 2 labels for your blank disks

| | |
|-----------------------------------------------------------------------------------|---------------------|
|  | The Running Program |
| | Disk 2 |
| | Your Name |
| | Date |

| | |
|------------------------------------------------------------------------------------|----------------------|
|  | The Running Program |
| | Disk 3-Exercise Data |
| | Your Name |
| | Date |

*See "How We Save Your Exercise Records" on page 23 for more information.

Pull Yourself Together

If you've been keeping records of your running, have them on hand so you can begin entering training information right away.

A diary, daily log or just your time in a particular race will be a helpful bit of information in using this program.

If you have nothing to enter, don't worry. (A first-time runner isn't expected to have records.)

The Running Program will start monitoring your progress now.

What You Need to Get Started

III

Getting Started

Prepare Your Disks

At the risk of boring you, let me repeat that you need to collect **Disks 1** and **2** of **The Running Program**, one **PC-DOS** disk, two blank disks and labels for them.

To get started, you need to "initialize" your Running Program disks so they'll run properly with your system.




Your system is either:

1. a hard (or "fixed") disk system like the IBM XT;
2. a typical system with two disk drives (known as "a:" and "b:"); or
3. a one disk drive system.

To make getting started as simple as possible, we've separated the "initialization" process by these three systems.

Keep in mind, **Disk 1** of **The Running Program** is your ignition key. No matter what kind of system you have, even a hard disk, you'll always have to start up the program with **Disk 1**.


*** If You Have a Fixed Disk System (XT):**

1. Turn on your computer and give it time to check itself out.
2. When all its whirring and buzzing has stopped, place **Disk 1** in drive a:.
3. Type **a:harddisk yourname** and hit the RETURN  key.
e.g. **a:harddisk jim** (if your name is Jim).
4. We'll prompt you for each subsequent move. When you're finished, here's what you'll have:
 - * **Disk 1**, which must always be in drive a: when you start up the program (and can be removed after you've entered the date on the first screen);
 - * **Disk 2**, which should be kept in a safe place.
5. To run **The Running Program**:
Type: **cd \yourname** and press RETURN  ;
e.g. **cd \jim**;
trp and press RETURN  ;
with **Disk 1** in drive a:.

You're off and running!

*

If You Have a Two-Disk System: *Getting Started—The First Time*

1. Before starting, have two new double-sided, double-density disks handy.
2. Turn on your computer. Give it a minute to get settled.
3. Place your DOS diskette in drive a: and ***The Running Program Disk 1*** in drive b: (a: will ordinarily be on your left and b: on your right).
4. Press the **Alt**, **Ctrl**, and **Del** keys at the same time. (The first two are on your left—see them?—and **Del** is at the lower right.)
5. When the excitement stops (in a few seconds), type **b:twodisk** and press the RETURN  key.

Getting Started

6. We'll prompt you on the screen for every subsequent move you must make. When you're finished, here's what you'll have:

- * **Disk 1**, which must always be in drive a: when you start up the program;

- * The original **Disk 2**, which you should put away someplace safe;

- * A copy of the original **Disk 2**, which will be your working disk, and

- * **Disk 3-Exercise Data**, where your personal exercise information will be saved.

*


Starting Up-From Then On

Once you've got this chore out of the way, it will be a snap to get going:


1. Place **Disk 1** in drive a: and **Disk 2** in drive b:.
2. Turn on your computer (if it already is on, press **Alt**, **Ctrl** and **Del**, all at the same time.)

You're off and running!

*** If You Have a One-Disk System:
Getting Started—The First Time**

1. Before starting, have two new double-sided, double-density disks handy.
2. Turn on your computer. Give it a minute to settle down.
3. Place your DOS diskette in drive a:.
4. Press the **Alt**, **Ctrl**, and **Del** keys at the same time. (The first two are on your left—see them?—and **Del** is at the lower right.)
5. When the excitement stops (in a few seconds), replace your DOS diskette with **Disk 1**.
6. Type **onedisk** and press the RETURN  key.

Getting Started

7. We'll prompt you on the screen for every subsequent move you must make. When you're finished, here's what you'll have:
- * **Disk 1**, which must always be in drive a: when you start up the program;
 - * The original **Disk 2**, which you should put away someplace safe;
 - * A copy of the original **Disk 2**, which will be your working disk, and
 - * **Disk 3-Exercise Data**, where your personal exercise information will be saved.
8. If you have a **PCjr with 256K memory**, place **Disk 1** back in your drive (if it's not there already). Type **jr** and press RETURN .

Getting Started

*

Starting Up—From Then On

Once this chore is out of the way,
it will be a snap to get going:

1. Place **Disk 1** in your computer.
2. Turn on your computer. (If it is already on, press **Alt, Ctrl,** and **Del** at the same time.)

You're off and running!

IV


Off and Running

Stretch

I recommend that you try six stretching exercises before and after you run. The exercises will only take a few minutes and should help to avoid injuries by stretching those muscles which running neglects. They'll also make your running style more fluid.

We've kept the "Stretch" section separate so it will be easier for you to use without having to run through the whole program. To see it, here's what you do:

Boot your system (**Alt, Ctrl, Del**) with your DOS diskette in drive a:. Remove the DOS diskette. Place **Disk 1** in drive a: of your computer.

Type: **stretch** and press RETURN  .

How We Save Your Exercise Records

Each month your exercise information is kept in a separate file on **Disk 3—Exercise Data**. The file for June, 1984 for example, is called JUN84.db. There is enough room on **Disk 3** for more than 15 months exercise. If **Disk 3** fills up, we will automatically ask you to put in a formatted disk which you should have on hand.

The month that doesn't fit onto **Disk 3** will be put on this new disk. (Be original, label the new disk **Disk 4—Exercise Data**.) Each time you fill up a disk, we'll let you know. Just keep numbering the new disks sequentially and write the date of the first record on that disk.

Graphs

If you have a color monitor, you'll find that we've included a load of graphing features. If you have a monochrome monitor, you may not see any of these options, depending on how your system is configured.

Printing



Whenever you'd like to print out the contents of the screen, ***except graphs!***, just hold down a SHIFT key (the up arrows directly to the right of the question mark and left of the reverse slash) and press **PrtSc**—the PRINT SCREEN key.

In addition, we have lots of places in the program where you can print valuable reports and analyses.

Printing Graphs

This is tricky. If you try to use the PRINT SCREEN key to print one of our graphs, the program will “crash” and you’ll have to start it up again.

In order to print graphs, you’ll have to execute the graphics command in DOS (2.0 or later) before running ***The Running Program***. In other words, boot

your DOS disk; type **graphics** ; and when the whirring stops, replace the DOS disk with your Fixx disks. Type **trp**  to run the program.


Printing graphs should work for the rest of the day.

**By the way...if you have an older Epson® printer without Grafrax™, your graph printouts will have blank lines running through them.*

Setting Up Your Printer

We take care of this for you as part of the **Getting Started** process described on pp. 14-19. But if you choose the "I'll deal with this later" option, or if you've just acquired a new printer, you'll need to give us the proper information.

To do this:

1. Boot your system (**Alt, Ctrl, Del**) with your DOS diskette in drive a:
Remove the DOS diskette.
2. Place **Disk 1** in drive a: of your computer.
3. Type: **setup** and press RETURN .
setup will ask you questions about your printer and will customize **The Running Program** to use it correctly.

Backing Up

As you would with any disks that store valuable data, be sure to make backup copies often, preferably every time you've entered or changed data.


You should backup your working copy of *Disk 2* and *Disk 3-Exercise Data* as follows:

Fixed disk system (XT):

Backup the TRP directory. See your DOS manual for instructions.


Two-disk system:

Boot your system (**Alt, Ctrl, Del**) with DOS in drive a:.

Type **diskcopy a: b:** and press RETURN . Insert **Disk 2** and your backup copy of **Disk 2** into drives a: and b:, respectively. When the copy is complete, repeat for **Disk 3-Exercise Data**.

One-disk system:

Boot your system (**Alt, Ctrl, Del**) with DOS in drive a:.

Type **diskcopy a: a:** and press RETURN .

Insert **Disk 2** and follow the instructions provided on the screen. When the copy is complete, repeat for **Disk 3-Exercise Data**.

If More than One Person Wants to Use this Program

Follow the appropriate **Getting Started** procedure again using the original **Disk 1** and **2** you've put away someplace safe. You will need two more blank disks for each user. Be sure to put the name of the runner on the copies so you don't get your disks mixed up. You can have as many **Disk 2's** and **3's** as you wish.

Remember:

Think of **Disk 1** as your ignition key to get **Disk 2** started. Everyone must share the **Disk 1** we've given you.

V

A Final Word

A Final Word

If you've ever needed an incentive to start running, or to keep running, this program should be it. And if you've wanted to improve your performance and didn't have a coach to push and motivate you that little bit harder, this program should do the trick.

If you should ever have problems that this manual, ***Off and Running*** or the ***Index*** can't solve, just call us at 203-222-9087 and ask for **MECA Customer Service**. We'll do our best to help.

If you have suggestions for improvement, please write me in care of MECA. I'll be grateful for your comments.

Jim Fixx

About the Author

Jim Fixx is the award-winning author of the best selling ***Complete Book of Running*** and other popular books. A lifelong athlete and former tournament tennis player, he took up running nearly twenty years ago and trains at least ten miles a day. He has competed in hundreds of races in many parts of the world, including some thirty marathons, and has run the equivalent of twice around the equator. Jim is a frequent lecturer, a consultant to the President's Council on Physical Fitness and Sports and, in his home state of Connecticut, a member of the Governor's Council on Fitness.

Additional books to his credit include ***Jim Fixx's Second Book of Running, Games for the Superintelligent, More Games for the Superintelligent, Solve It!*** and ***Jackpot!***



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